



**NHS**

Providing NHS services

# Free, safe and anonymous mental health support.

Your local NHS is providing free counselling, group support and self-help tools for young people through **kooth.com**. It's completely anonymous and you can sign up without any referral.

**kooth**



## Chat with a professional

Our friendly team of professionals provide anonymous support through live, online chat. Chat through whatever is on your mind there's nothing too big or small.



Relate to similar situations and connect with others by sharing experiences and gaining valuable self-care tips through our discussion boards.



## Read self-help articles

Helpful articles, personal experiences and tips from both the community and our professional team.



## Try a wellbeing activity

Set personal goals, write in your journal, or try a wellbeing activity from our mini-activity hub.

? We don't need to know who you are.



You don't need any sort of referral.



We're BACP accredited.\*



scan me to get started  
or visit [kooth.com](https://kooth.com)

Professional support from  
12pm - 10pm (weekdays) and  
6pm - 10pm weekends.  
Everything else is 24/7.

\*This means we've met all the standards of the British Association of Counselling and Psychotherapists. We're an accredited service, and our practitioners are either BACP accredited or working towards it. **You're in safe hands.**